



#### Addiction Signs:

Opioid painkillers are commonly prescribed and can lead to addiction when used more than needed. Users often deny having a problem or fail to recognize it. **When intoxicated users may become anxious or moody, nod off; have trouble concentrating; move or speak slowly; suffer constipation; withdraw from people and normal activities; quit work; and may act illegally.**

Contact: EAP for assistance or local addiction treatment center. Information is provided below:

The City of Hickory partners with **The Counseling Group, Inc.** to provide our employees with confidential counseling services for all types of problems that can interfere with leading a healthy and productive life. Some examples are: Marital problems, alcohol and drug problems, depression, problems with children, sleep disturbances and general stress-related issues. EAP services are free and confidential. Your first five (5) visits are free and most insurance plans cover part of the cost for additional services. EAP services are also voluntary. EAP services are designed to allow employees or their family members to seek help on their own. You can discuss personal problems or the problems experienced by a family member. The employer (City of Hickory) is not involved in the counseling process. We often feel our problems are private but they can affect our work and private lives a great deal. This service is an opportunity to discuss problems with a professional counselor who is trained in helping you resolve the issues in a productive manner. The assistance you receive will be completely confidential as required by law.

#### Contact information to make an appointment:

**The Counseling Group. 828.322.9130**

[www.thecounselinggroup.com](http://www.thecounselinggroup.com)

106 Third Avenue NE Hickory NC 28601

Sources: National Institutes of Health, MedicineNet